

## WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
6-7	Dinner	Dinner	Dinner	Dinner	Dinner	Evening	Evening
7-8	Relax	Relax	Relax	Relax	Relax	Rest	Rest
8-9	Work	Work	Work	Work	Work	Exercise	Relax
9-10	Work	Work	Work	Work	Work	Personal Time	Personal Time
10-11	Work	Work	Work	Work	Work	Errands	Family Time
11-12	Work	Work	Work	Work	Work	Lunch	Lunch
AFTERNOON							
12-1	Lunch	Lunch	Lunch	Lunch	Lunch	Rest	Rest
1-2	Work	Work	Work	Work	Work	Hobby	Hobby
2-3	Work	Work	Work	Work	Work	Social	Social
3-4	Work	Work	Work	Work	Work	Free Time	Free Time

Work	Work	Work	Work	Work	Dinner Prep	Dinner Prep
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**EVENING**



## Exercise

## Exercise

## Exercise

## Exercise





Dinner





Dinner

Dinner

Dinner

Dinner



Dinner

Evening





Relax

Relax

Relax

Relax



Relax

Rest

